
THE SOPHROSYNE PRINCIPLE OF SELF-GOVERNMENT

Pierre Beaudry, 5/9/2026

FOREWORD

Don't be fooled, don't get upset, and don't lose your temper. Just think positively, because the proof that the present British-American war policy will not work against Iran is that you are able to intervene and not lose your temper in order to solve the problem. That is what world leaders must also realize and calmly rediscover the Platonic principle of self-government: *sophrosyne*.

I am sending again two reports I wrote six years ago because the present strategic situation requires an understanding of the principle that was lacking to prevent World War I and World War II; that is, the same principle that could have prevented the Peloponnesian War (431-404 BC), which destroyed the Democratic Republic of Athens 2,457 years ago. The time for this change has now come to maturity.

In the present world situation, the most needed change is the establishment of four fundamental qualities of government leadership, which have been lacking in the Western World since the death of John F. Kennedy; they are: “*Wisdom, Temperate Knowledge, Justice, and Courage.*”¹

Plato identified those four leadership qualities within a process of creative change called *sophrosyne* (*σωφροσύνη*) or, “self-tempered mind” because those four qualities are not only absolutely necessary for every human individual to develop, but essential for any human government to function properly. The

¹Plato, *The Laws I*, 631cd.

question is, therefore: how can those four human actions come together to form a New Just and Developing World Economic Order?

[SOPHROSYNE, NOT SOPHISTRY](#), 8/28/20

[SOPHROSYNE: PLATO'S KEY FOR SECURING CIVILIZATION](#). 8/11/20

THE FUNDAMENTAL PLATONIC PRINCIPLE OF SOPHROSYNE

Among all of governing principles of human civilization, from Greece to China, and from Persia to India, Plato's principle of *sophrosyne* was developed in different ways as a principle of balance and health-mindedness throughout the teachings of Christianity, Confucianism, Taoism, Buddhism, and Hinduism. The sacredness of such a universal principle must now be recovered worldwide, if mankind is to survive the present world-crisis. Of all of the modern commentators who spoke about this principle, the most insightful was Doctor Vincent de Luise, M.D. who made the following crucial point about the health aspect of *sophrosyne*:

“So, we diet (episodically and in the long run, never quite successfully enough), we run (rarely), we do yoga and pilates, drink green (or preferably white) tea, learn to play golf, eat less bacon, forgo that second scoop of ice cream, buy organic tomatoes, and yearn for more sleep. Yet, all of these many and noble endeavors remain fragmented and directionless without an overarching principle on how to lead one's life.

“Among the splendid and life-affirming philosophies that were birthed by the ancient Greeks during their Golden Age between the 6th through 4th centuries B.C.E., there is one that is fundamental. It is the concept of Sophrosyne (σωφροσύνη).”²

Doctor de Luise wrote this thought-provoking report in order to demonstrate how human beings are able to change their behavior by discovering the transformative powers of their own mind and reach inside of themselves to the higher domain of their thinking process by adopting *sophrosyne* as the self-

² Vincent de Luise, M.D., [A Musical Vision: SOPHROSYNE, AND WHY WE NEED HER NOW](#).

governing solution to most anxiety related diseases affecting mankind today. He emphasized:

“Inherent in the notion of Sophrosyne is the concept of moderation, integrity and humility that everything that the individual does should be done in perfect balance. These ideas are so essential that all great civilizations have thought about them and grappled with their meaning and import. Before the Greeks, the Egyptians recognized the relationship of balance and integrity, and anthropomorphized it in the goddess Ma’at, which they also wrote about as the principle of Ma’at. To the Egyptians, Ma’at was a central tenet of an individual leading the ‘good life,’ the life of balance, restraint, and self-awareness.”³

The myth of the goddess *Sophrosyne* was created in ancient Greece for the purpose of giving mankind appeasement and happiness during its development; however, that form of political security only lasted a few hundred years until it came to an end with the Peloponnesian War, in 404 B.C. During the period of 200 years before the demise of Athens, most political, philosophical and theological leaders demonstrated that such a principle of Peace and Development had been the primary governing principle of both individual citizens and Greek leaders alike. *Sophrosyne* became the fundamental principle of Greek democracy.

However, the Peloponnesian War put an end to Greek democracy and to its republican form of government for the next 2,430 years. Athens never recovered and Greece along with every other European nation was taken over by oligarchical “might make right” governments until the American Revolution in 1776. Now, 250 years later, King Charles III has just come back to America to reclaim his oligarchical inheritance. That is the Peloponnesian-Oligarchical farce of the day.

³ Vincent de Luise, M.D., Ibidem.

HOW CAN SOPHROSYNE DEAL WITH SOPHISTRY

Plato elaborated in *Charmides*, *The Republic*, and *The Laws*, the reasons



why the *sophrosyne* principle of self-government had been obliterated and excluded from politics with the death of Socrates. In reality, the principle was made to disappear because the common good was replaced by self-interest. The trap that most people fell into was that they were made to accept that the principle of “*knowing yourself*” was an unattainable personal goal of life and was replaced by “*enjoying yourself*” at the expense of others.

Figure 1. *Sophrosyne* by Edward Burne-Jones, 1872

The reason why *sophrosyne* is so difficult to establish and maintain is because it calls for the total maturity of mind which prevents the manipulation of government by sophistry.

Yes, the most important problem we are confronted with in government, today, is sophistry. Members of Congress are being chosen not to represent you, but for their ability to master the art of lying and getting away with it. How can you put a stop to that subversion of the American Constitution? You can only do it by having the courage to denounce this fallacy, publically; and your public protest will encourage others to do the same. In other words, what is required is a worldwide movement of citizens who have

made the decision to adopt the courage of the ancient goddess, *Sophrosyne*. As Plato wrote: “*Of the four divine goods, the first one is wisdom; the second is tempering intelligence; the third is justice, when the temperate intelligence is mixed with courage; and the fourth is courage.*” (Plato, *The Laws*, I, 631cd.)⁴

This is a strange combination where the First is to the Second as the Third is like the Second is to the Fourth. The mental exercise, here, is number Three, which requires the mixture of Two and Four. This mental loop is what makes *sophrosyne* possible; it is a non-linear singularity, which causes the quadratic arrangement to be extremely dissonant as a musical Lydian transformation, where four minor thirds resolve a well-tempered change in classical musical composition.

The question which arises here is: How can justice and temperance (*sophrosyne*) come together in the form of self-government? This can only be done when happiness becomes the necessary objective of government. That is the difficulty, because people are duped into believing that happiness is for your own benefit as opposed to the *Advantage of Others*.

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⁴ This is what logical formalists today call, OODA Loop. See [Ritter's Rant 087: The OODA Loop, Iranian-style](#).